



The Lunch Box

Parent Survey

Thank you for participating in *The Lunch Box* series. Our goal is to make the services we provide educational, informative, and enjoyable for you. By completing this survey, you can help us in evaluating our program and its effectiveness.

Section 1: Knowledge Change.

Post/Pre-Test	BEFORE the Series				<u>AFTER</u> the Series					
How much did you know about the following topics	Not at all	A little	Some	A lot	All	Not at all	A little	Some	A lot	All
Preparing healthy lunches for preschool children.	2%	14%	44%	34%	5%	0%	1%	11%	64%	24%
The importance of food safety when preparing lunches.	1%	15%	37%	34%	13%	0%	1%	9%	59%	31%
3. Reading and interpreting food labels.	6%	22%	30%	33%	9%	1%	2%	12%	60%	25%
4. Serving sizes for preschool children.	6%	26%	41%	21%	5%	1%	3%	12%	57%	26%

Section 2: Behavior/Attitude Change Less More

Because of the handouts, do you plan to do the following:	1	2	3	4	5	6	7
Include a variety of healthy foods in your child's lunches.							
Use an insulated lunch bag and ice packs to keep food safe.							
3. Closely read food labels.							
4. Make child's lunches more appealing.							

Nutrition & Literacy

Section 3: Usefulness

STRONGLY DISAGREE						STRONGLY AGREE		
1. I gained knowledge or skills.	1	2	3	4	5	6	7	
2. The information is useful.	1	2	3	4	5	6	7	
3. I will use this information to better support children/youth/families.	1	2	3	4	5	6	7	
4. I would recommend this program to others.	1	2	3	4	5	6	7	

	Not Useful					Very Useful			
1. H	How useful was information presented?	seful was information presented? 1 2 3 4							
		Not Like	lv		Verv	Likely			
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Please describe what you found most useful and why.	
What are topics you would like to learn more about?	

Section 4: Demographics

Your gender:	Male		Female		
Your age:	under 20		20 - 25	□ 26-3	30
	31 - 35		36 - 40	□ over	40
Your ethnicity:	Asian/Pacific Islan	nder	□ African-Am	erican	☐ American Indian
	Hispanic		□ White		□ Not listed